

Salt and Serenity

Broccoli, Raisin and Olive Salad with Pine Nuts

Serves 4

¼ cup pine nuts

¼ cup red wine vinegar

¼ cup water

1 tablespoon kosher salt

1 teaspoon sugar

3 shallots, peeled and thinly sliced

2 tablespoons white wine vinegar

½ teaspoon honey

½ teaspoon kosher salt

¼ cup extra virgin olive oil

1 large head broccoli

¼ cup golden raisins

¼ cup kalamata olives, pitted and halved

1. Preheat oven to 375°F. Place pinenuts on rimmed baking sheet and toast for 5-7 minutes until golden brown. Set aside to cool.
2. In a medium sized bowl, mix together red wine vinegar, water, salt and sugar. Stir in sliced shallots and set aside for about 30 minutes, to allow shallots to pickle. Drain shallots and discard pickling liquid. You will only need about half the pickled shallots for this recipe. The extra pickled shallots will keep in fridge for about a week.
3. Whisk together white wine vinegar, honey and salt. Slowly drizzle in olive oil, whisking while drizzling. Set dressing aside.
4. Bring a large pot of water to a boil. While waiting for water to boil, trim broccoli. Remove stems from broccoli, leaving about 2 inches still attached to the head. Set head aside. Using a vegetable peeler, peel off the woody parts of the stem. Slice stem on the diagonal into ¼ inch thick coins. Set aside sliced stems. Cut head of broccoli into florets.

5. Add 2 tablespoons kosher salt to boiling water. Add broccoli florets and stems and boil for 3 minutes. Drain and set broccoli aside.
6. Just before serving mix together broccoli, raisins, olives and half the pickled shallots. (Save the remainder for a sandwich or another salad later in the week.)
7. Mix in half the dressing and taste. If you like, add more. Season salad with salt and pepper. Scatter pine nuts on top and serve.